



Diabetes Care and Management Newsletter

Welcome to the Diabetes Care and Management (DCM) Newsletter. We hope to bring you tips through monthly newsletters to better help you understand and manage your diabetes. Our goal is to keep you informed, help you to set goals, and assist you on your road to a healthier lifestyle. We would also like you to share your successes with us as we go along this journey.

Setting Goals

This month, we will start with the topic, Goal Setting. The goal is to move towards a healthier lifestyle. Here are some tips on how to move forward:

- 1. Make sure your goals are realistic:** Be specific about the behavior you want to change and how often you will do it. Remember, try not to do too much at once.
- 2. Start with small steps:** You can begin by limiting sugar-sweetened beverages (fruit juices and soda/pop), trying new foods, and using smoked turkey instead of smoked pork products in your dishes. Try keeping a journal to keep track of barriers you may encounter that are keeping you from your goals and try to figure out ways to overcome them. Along with these goals, remember to get enough sleep, drink enough water, breathe, meditate, and have a good laugh every day!
- 3. Seek support:** In this time of COVID-19, many people are limiting contact with in-person groups. If possible, investigate online support groups for people with Diabetes. Think of a family member or friend who may or may not have Diabetes but is willing to partner with you to help you achieve your goals.
- 4. Keep Portions Under Control:** When you buy a food product, look at the container, usually on the back of the item, to read the Nutrition Facts Label. The label shows you how much is in one serving, how many servings are in that container, and how many calories are in that one serving. You can use measuring cups and measuring spoons to measure a serving. How many calories are in that serving? (ex. 1 serving = ½ cup = 250 calories. Two ½ cup servings = 500 calories for that one food item) If you decide to have a candy bar, only eat half. If it is too tempting to keep the other half of the candy bar, throw the other half away or share with a friend or family member!
- 5. Keep track of Calorie Intake:** There are several applications available online or on your phone that you can download for free, Calorie King, MyFitnessPal, and more. Calorie King is an app that shows how many calories, carbohydrates, protein, etc. are in almost all the items on the most popular fast food and sit-down restaurant menus. An app like

this will allow you to make good food choices when eating out. Calorie King is also available in booklet form.

6. **Plan and Structure your meals:** Plan your meals for the day, week, or month. Do it in a way that is best for you and your family. Remember to keep your food groups and portion sizes in mind.
7. **Make Physical Activity Part of your Life:** There are many benefits to be gained from just taking a walk, but because of physical limitations, weather, or other factors that may not be an option. There are some great programs on YouTube for those who have internet access such as [Donovan Green Fitness Chair Exercises, Yes to Next, Chair Fit 4 Fun, and Leslie Sansone Walk at Home](#). For those without internet access, ask us about physical activity handouts on your next visit. The recommended goal is 150 minutes each week or 30 minutes for 5 days, which can be broken into three 10-minute sessions per day for 5 days.

Spotlight

This month Team DCM's Spotlight shines on our very own Starr. That's right, Starr with two r's. Starr Gibson is the Program Manager for SIHF's Diabetes Care and Management Program. You can now find her on SIHF Healthcare's YouTube channel introducing each segment of our Diabetes Care and Management Educational Videos! You can tune into YouTube to find out about anything you need to know about Diabetes presented by SIUE's School of Pharmacy Staff any time day or night.

Recipes

Pan Roasted Chicken and Vegetables

Total Time: Prep: 15 minutes, Bake: 45 minutes

Yield: 6 Servings

Ingredients

- 2 pounds of red potatoes (about 5 medium), cut into 3/4-inch pieces
- 1 large onion coarsely chopped
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1-¼ teaspoons salt, divided
- 1 teaspoon dried rosemary, crushed, divided
- ¾ teaspoon pepper, divided
- ½ teaspoon paprika
- 6 bone-in chicken thighs (about 2-¼ pounds), skin removed
- 6 cups fresh baby spinach (about 6 ounces)

Directions

1. Preheat oven to 425 degrees. In a bowl, combine potatoes, onions, garlic, $\frac{3}{4}$ teaspoons salt, $\frac{1}{2}$ teaspoon rosemary and $\frac{1}{2}$ teaspoon pepper; toss to coat. Transfer to a 15x10x1-in. Baking pan coated with cooking spray.
2. In a small bowl, mix paprika and the remaining salt, rosemary, and pepper. Sprinkle chicken with paprika mixture; arrange over vegetables. Roast until a thermometer inserted in chicken reads 170-175 degrees and vegetables are just tender, 35-45 minutes.
3. Remove chicken to a serving platter, keep warm. Top vegetable with spinach. Roast until vegetables are tender and spinach is wilted, 8-10minutes longer. Stir vegetables to combine; serve with chicken.

(Recipe from Taste of Home.com)

Old School Lemon Pound Cake (Without The Pounds)

Ingredients

Vegetable oil cooking spray

1 cup (2 sticks) unsalted butter, room temperature, plus one more teaspoon for pan

2 cups all-purpose flour (spooned and leveled), plus one more for pan

1 $\frac{1}{2}$ cups sugar

8 ounces non-fat sour cream

1 cup egg substitute

$\frac{3}{4}$ cups applesauce

1 teaspoon lemon extract

Powdered sugar

Directions

1. Coat a 12 cup Bundt pan with cooking spray, and sprinkle with flour, shaking to coat pan.
2. Using an electric mixer on high-speed beat butter and sugar and sour cream until light and fluffy. Add egg substitute, beating well: add lemon extract and salt.
3. Add apple sauce. With mixer on low, gradually add flour, beating just until combined (do not overmix). Spoon into pan.

4. Bake at 325 degrees for 45 minutes or until a wooden toothpick inserted in center comes out clean. Cool in pan for 10 minutes on wire rack.
5. Instead of icing lightly sprinkle with powdered sugar.
6. Slice and serve!

(Recipe from BlackDoctor.org)

Diabetes Education Team Contact Information:

Starr'Reiece Gibson, MS, RD, Diabetes Educator at SIHF, 618-646-2532

Marsha Ellis, Community Health Worker, 618-365-4841